



SANTEE SENIORS 55+

MAY 2022

DESIGNED FOR ADULTS OVER 55

GET INVOLVED ~ STAY CONNECTED ~ BE ACTIVE

SANTEEREC.COM (619) 258-4100 EXT. 222



TUE	WED	THU
3	4 <i>First Wednesday Iconic California Women – 10am City Hall- Building 8P 10601 Magnolia Ave</i>	5 <i>Fitness Walk Santee Lakes Meet at Lake 5 Store 9310 Fanita Parkway 9:00am</i>
10 <i>Fitness Walk Mast Park 9125 Carlton Hills Boulevard 9:00am</i>	11 <i>Games w/Suzanne City Hall- Building 8P 10601 Magnolia Ave 10:00am</i>	12
17	18 <i>Spring Luncheon & Uniform Fashion Show- 11:00am *Must register to attend– details on back</i>	19 <i>Fitness Walk Walker Preserve 9500 Magnolia Ave 9:00am</i>
24 <i>Fitness Walk Santee Lakes Meet at Lake 5 Store 9310 Fanita Parkway 9:00am</i>	25 <i>The 10 Warning Signs of Alzheimer's City Hall- Building 8P 10601 Magnolia Ave 10:00am</i>	26

FIRST WEDNESDAY ICONIC CALIFORNIA WOMEN

**WEDNESDAY, MAY 4
10:00AM**



JOIN MELISSA JONES FROM THE WOMEN'S MUSEUM OF CALIFORNIA FOR A TALK ON THE MUSEUM AND FEMALE TRAILBLAZERS THROUGHOUT CALIFORNIA HISTORY. PROGRAM IS HOSTED BY THE SANTEE BRANCH LIBRARY.

THE 10 WARNING SIGNS OF ALZHEIMER'S

**WEDNESDAY, MAY 25
10:00AM**

THIS EDUCATIONAL PROGRAM IS BEING PRESENTED BY THE ALZHEIMER'S ASSOCIATION. LEARN WHAT TO WATCH FOR IN YOURSELF AS WELL AS OTHERS. ALZHEIMER'S CAUSES CHANGES IN MEMORY, THINKING AND BEHAVIOR THAT ARE NOT NORMAL AGING.



EXPLORE DOWNTOWN LA JOLLA

WE WILL BE EXPLORING DOWNTOWN LA JOLLA WHICH OFFERS A VARIETY OF ACTIVITIES FOR LOCALS AND VISITORS ALIKE. FROM SHOPPING, FINE ART, TO VISITING THE SEA LIONS AT LA JOLLA COVE, THERE IS SOMETHING FOR EVERYONE TO ENJOY.

WE WILL BE TAKING A SCHOOL BUS AND THERE WILL BE A GOOD BIT OF WALKING INVOLVED.

DATE: JUNE 14 DEPARTURE TIME: 9:00AM RETURN TIME: 3:00PM

DEPARTURE AND RETURN LOCATION: SANTEE TEEN CENTER

8115 ARLETTE (LOCATED AT BIG ROCK PARK) FEE: FREE

BRING: MONEY FOR LUNCH/SNACKS/SHOPPING AND

WEAR COMFORTABLE WALKING SHOES

*** MUST PRE-REGISTER TO ATTEND ***

Santee Seniors 55+ Spring Luncheon & Uniform Fashion Show

Wednesday, May 18 ★ 11:00am - 1:00pm

Santee City Hall - Building 8P ★ 10601 Magnolia Ave.

\$15 Santee Residents/\$20 Non-residents

Boxed lunch provided by Panera Bread

Registration Deadline: May 12

Register at City Hall Building 6 or online at SanteeRec.com

Space is limited, register today!

Join us for lunch and a uniform fashion show designed to help seniors avoid scams and recognize potential impostors. Local public and private agencies will be modeling their employee's uniforms and answering questions to keep our community members informed and safe.

Questions? Contact Community Services at
(619) 258-4100 ext. 222



Jewish Family Services offers Ride Share in Santee beginning April 1, 2022

On-the-Go - Rides & Smiles (for seniors 60+)

- Individual rides to medical and personal appointments, social activities, etc.
- Volunteer-based service guarantees rides from 7:00am - 7:00pm, seven days a week
- Rides are available up to a 25 mile radius from riders home
- Seven days advanced booking is required
- Program is donation-based
- A caregiver may be required for some riders
- A cell phone is required for all rides



For more information, contact Jewish Family Services of San Diego:
(858) 637-3210; www.jfssd.org; 4669 Murphy Canyon Rd. San Diego, CA 92123